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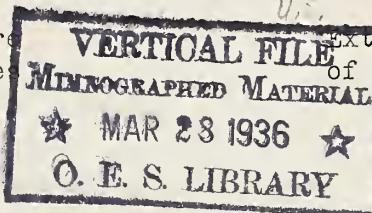
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Cooperative Extension Work in Agriculture and Home Economics

U. S. Department of Agriculture
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30
HELPS FOR HERB-GARDEN DEMONSTRATORS;
Compiled by
Miriam Birdseye
Extension Nutritionist



SUGGESTED ACTIVITIES FOR 4-H HERB-GARDEN DEMONSTRATORS //

Adult demonstrators may wish to follow the same general plan, but to raise a larger variety of herbs and do more reading.

First year.

Study: "Herbs: Their Culture and Use", Vermont Extension Service Circular 83, and one or more of the other references on herb growing and the history of herbs suggested on pages 3 and 4.

Raise from 3 to 6 of the following herbs: Chives, chervil, sweet basil, sweet marjoram, pot marjoram, summer savory, thyme; also at least 3 of the following herbs, more commonly grown in home gardens: Dill, mint, nasturtium, parsley, sage.

Study the native habitat and associations of the herbs grown.

Learn to use them fresh in salads, sauces, soups, and/or beverages. Experiment with the following dishes:

Green salads, with sprigs of coarsely chopped leaves of sweet basil, marjoram, chives. (Young tender spinach leaves may be used with or instead of lettuce in such herb salads.)

Fresh and cooked tomatoes, boiled or fried fish, with sweet basil.

Scrambled eggs with mixture of 3 or 4 finely chopped herbs. (Select from basil, chives, chervil, marjoram, summer savory, thyme, dill.)

"Omelette aux fines herbes", using above herb mixture. Finely chopped parsley with onion juice is a possible but less delicious substitute for the mixed herbs.

Creamed chicken or creamed shrimp, with enough chopped leaves of dill to flavor the sauce and color it bright green.

Broiled lamb chops or fried fish served with a generous pinch of chopped dill leaves on each piece, with a little hot butter or fat

poured over it to bring out the flavor, and allowed to stand for a moment in a hot oven before serving.

Learn to dry your herbs at the proper stage of maturity for winter use, and to make mixtures of dried herbs for use in omelets, poultry dressing, veal stuffing, soups.

Keep over for winter use, in the garden or in pots or window boxes, 2 or more of the following: Chives, parsley, pot marjoram, sweet basil.

Make an exhibit such as: Useful herbs for the kitchen garden (plants); drying herbs for winter use (methods, products, uses); savory herbs in the rock garden.

Write a story telling what herbs you have raised, the methods you followed in growing and drying them, and how you have used them in cooking or home-made preparations.

Second year.

Read at least one additional reference.

Raise additional herbs from the first year list and the following list: Tarragon, rosemary, bergamot, lemon balm, apple mint, borage, purple basil, scented geraniums, water cress, caraway, fennel.

Sell seedlings, potted plants, or established roots of the herbs raised.

Sell fresh cut herbs or "bouquets" of soup or salad herbs; sell mixtures of dried herbs for omelets or stuffings.

Make and sell or use as gifts one or more herb vinegars, such as vinegar made from tarragon, basil, or marjoram, or from a mixture of herbs. Make and sell raspberry vinegar.

Find out and list the herbs commonly used in at least one of the countries from which your ancestors came, and learn their common culinary and medicinal uses in that country in early times and at present.

Make an exhibit, based on your work and your reading.

Write a story, based on your work and your sales.

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SOME REFERENCES ON HERB GARDENING

Herbs - Their Culture and Use: Charlotte P. Brooks and Abbie Graham

Circular 83, Vermont Agricultural Extension Service, Burlington, Vt., May 1935. 28 pages illustrated. Contains directions for culture, drying, and curing; notes on romance and history; and recipes. A real manual for the home gardener. 5 cents a copy.

The Herb Garden. G. P. Van Eseltine.

Circular 157, New York State Agricultural Experiment Station, Geneva, N. Y., 10 pages. Brief descriptions of a number of the widely used culinary herbs, and a helpful table summarizing planting and cultural directions.

Savory or Aromatic Herbs in the Kitchen Garden: W. R. Beattie, Bureau of Plant Industry, U. S. Department of Agriculture.

Radio talk, multigraphed, 11 pages. Single copies for herb garden demonstrators may be obtained from office of Miriam Birdseye, Extension Nutritionist, Bureau of Home Economics, U. S. D. A.

Gardening with Herbs: Helen Morgenthau Fox. Macmillan Company, New York. 1933.

Illustrated. Includes recipes standardized by Bertha M. Shapleigh of Teachers College, New York, and much data on history and cultivation.

Herbs and the Earth: Henry Beston. Doubleday, Doran and Company, Inc., 75 Franklin Avenue, Garden City, N. Y.

No recipes, but delightful facts, fancies, and philosophies on growing herbs and living with them. Illustrated.

Herbs - How to Grow Them and How to Use Them: Mrs. Hollis Webster.

Massachusetts Horticultural Society, Boston, Mass.
Paper. Not illustrated.

Mrs. Eleanor S. Rohde:

A Garden of Herbs. Revised Edition 1932. Herbert Jenkins, 3 Work Street, St. James, London, S. W. 1

The Scented Garden. Hale, Hale, Cushman, and Flint, Inc., 857 Boylston Street, Boston, Mass.

Gardens of Delight. 1934 Edition. Hale, Hale, Cushman, and Flint, Inc. 857 Boylston Street, Boston, Mass.

Culinary Herbs and Condiments: Mrs. Maud Grieve. William Heinemann, Ltd., London, England, 1933.

Discusses cultivation and propagation and gives recipes for herb cookery, herb beverages, and condiments. Not illustrated.

The Herb-Garden: Frances A. Bardswell. Distributed by Macmillan, New York. Adam and Charles Black, London, England. 1911.

Charmingly written. Illustrated in color.

Seeds may be purchased from most large seed houses, among them:

Ferry-Morse Seed Co., Detroit and San Francisco.

"Home Garden Catalogue" includes a 2-page list of herbs, with photographs of leaves or flowers.

Henry A. Dreer, Spring Garden Street, Philadelphia.

Northrup, King Seed Co., Minneapolis.

Porter Walton Seed Co., 42 West 1st South, Salt Lake City, Utah.

Some of these houses also deal in roots of the perennial herbs.

Growing plants may be ordered by mail from:

Cottage Herb Garden, All Hallows Guild, Mount St. Albans, Washington, D. C.

Rare Plants Garden, Box 1115, Arcata, Humboldt Co., Calif.

The Perennial Garden Nursery, State Highway, San Carlos, Calif.

Huntington Herb Garden, Melville Road, South Huntington, L. I.

Herb garden exhibit.

"Planting of Herbs and Old Fashioned Flowers for Sunny Back Door."

Print 8" x 10", U. S. Department of Agriculture Negative 3984 D. Shows winning home demonstration exhibit at New York State Fair, 1934. Price 35 cents. Place order through Division of Cooperative Extension, U. S. Department of Agriculture, Washington, D. C. Do not send money with order.

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